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RESULTS OF USE OF HEMI-SYNC® TAPES AND SYNTHESIZER AS SUPPORT FOR PERSONAL COUNSELING AND THERAPY

by Susan Cord

Susan Cord is director of the South Bay Body-Mind Connection in Redondo Beach, California, a holistic center offering individual therapies and workshops. Ms. Cord utilizes Hemi-Sync tapes and a synthesizer extensively with clients during and after treatment and instruction. In cooperation with Hildegarde Minstein, Ms. Cord describes several areas of Hemi-Sync application. Susan Cord has been a Professional Division member since 1989.

Through the South Bay Body-Mind Connection, I have used the Hemi-Sync technology for three years in conjunction with my work as a Reiki and Seichim teacher and master therapist. Reiki and Seichim are techniques for directly interacting with the subtle body energy systems of a client. Hemi-Sync is applied in the following ways:

1. The Hemi-Sync synthesizer is introduced during Reiki and Seichim classes to heighten students' perceptual levels, thereby increasing their levels of retention. The Hemi-Sync signals are fed through two speakers positioned in front of the class. Students report experiencing:
 - less nervous tension during class;
 - less distraction during the learning period;
 - more ability to visualize the information presented after the class is concluded.
2. The Hemi-Sync synthesizer is used in class during the lecture sessions. Tapes produced by Meredith Lady Young entitled *Intuition*, *Spiritual Questing*, and *Love* are used during the guided meditation exercise in the class. The synthesizer signals and the Young tapes are played through two speakers placed in front of the class. Students report:
 - increased ability to visualize during the meditation;
 - greater recall of the level of awareness during meditation;
 - ability to reproduce the meditational state later;
 - a profound physical sense of what Reiki and Seichim "feels" like to the physical body when it is received.
3. The Hemi-Sync synthesizer, set for delta/theta, is fed through headphones to the client during personal and spiritual counseling. Additionally, Hemi-Sync METAMUSIC *Midsummer Night* and *Surf* tapes are played through speakers to provide audio enhancement for the therapist during sessions. Results reported by clients include:

Client A, a female attorney, age 48, is a self-described metaphysical seeker. She reports experiencing what she perceives as whole-brain integration during counseling sessions. For support between sessions she was given delta/theta tapes recorded from the synthesizer. After several sessions, she reported the ability to sustain this whole-brain integration in the performance of daily tasks as well as in meditation.

Client B, a male engineer, is a GATEWAY VOYAGE® graduate. He desired to continue using Hemi-Sync technology and incorporate it with the study and practice of Reiki and Seichim as an aid to his spiritual growth. He reports that combining the modalities has, in his opinion, greatly enhanced his ability to visualize spiritually. For the first time in his life he says he is actually “seeing” his meditations. He further reports that, while using various Hemi-Sync tapes during self-treatment with Reiki and Seichim, he can actually see colors associated with the treatment.

4. Other ways the Hemi-Sync technology has been used with great success at South Bay Body-Mind Connection include:

- teaching stress reduction;
- controlling eating disorders;
- as an aid to pregnancy massage;
- as an aid in prebirth instruction;
- in past-life therapy.

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